



Life Bliss  
Foundation



Confusion is the first  
step to enlightenment

**Nithyananda**



Are you worrying?

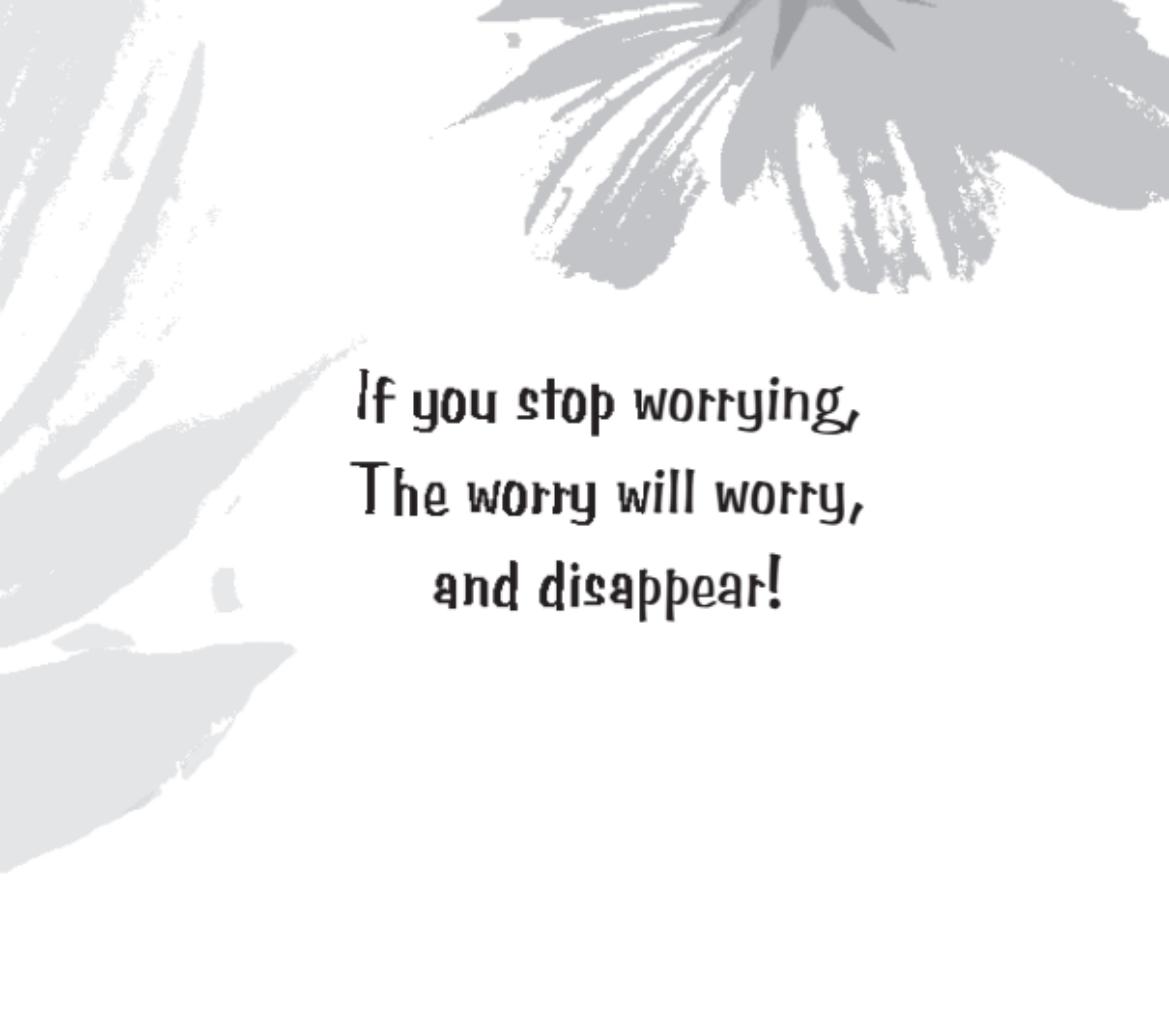






If you cannot stop worrying,  
you cannot  
start living.





If you stop worrying,  
The worry will worry,  
and disappear!



Are you in confusion?





When you are confused  
be clear that  
you are very close to  
CLARITY.







A Zen master once said:  
Only two people will have confusion.

1. Enlightened one
2. An idiot



Confusion is

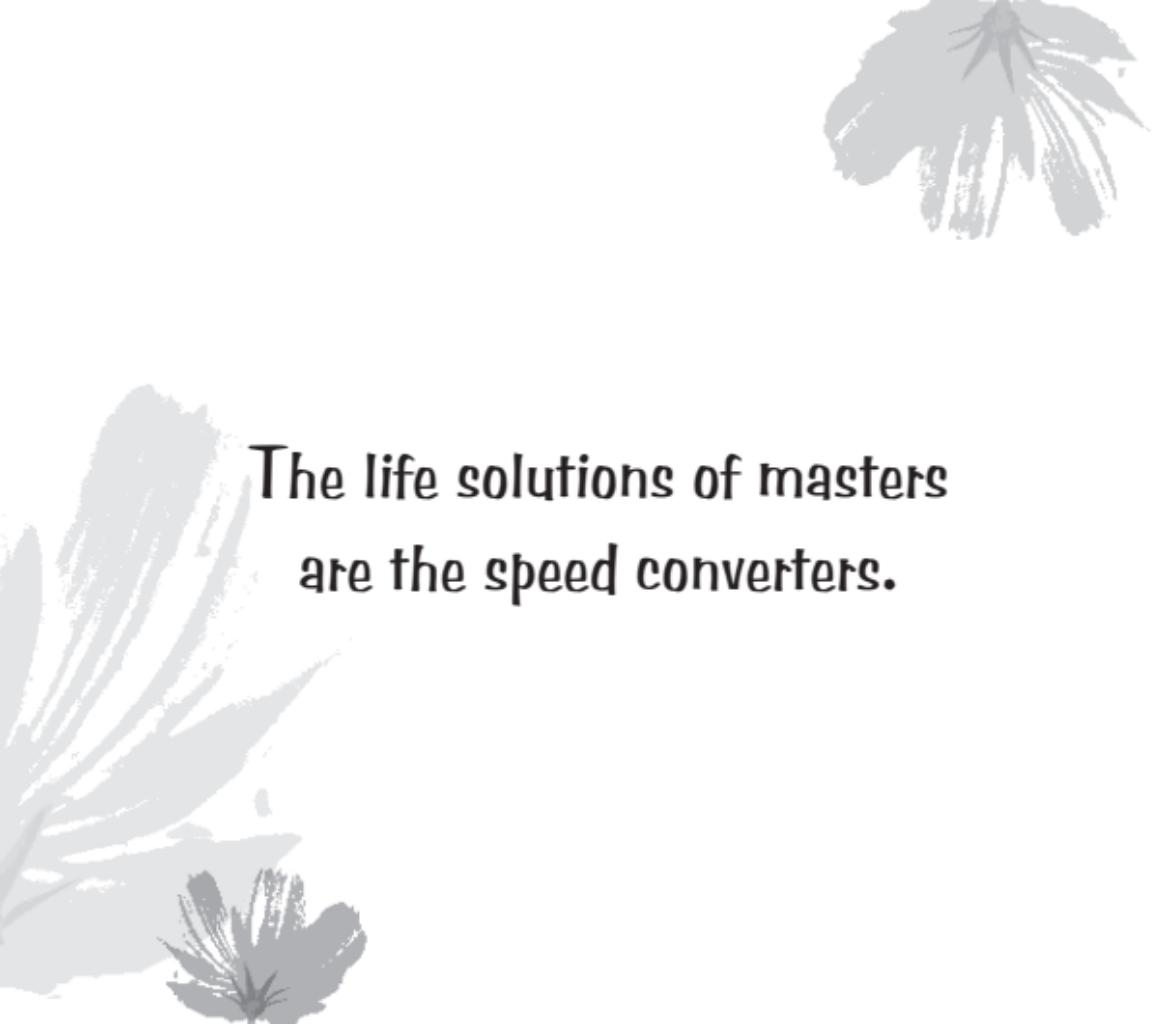
- a confirmation that you are not in the second category.
- step in the process of clarity





Is anger killing you  
and others?





The life solutions of masters  
are the speed converters.





Do you hate anybody?



A Sufi saying goes:  
If the speed is increased,  
a gentle breeze can become a tornado.  
If you find a method to  
reduce the speed of the tornado,  
you can create a breeze.



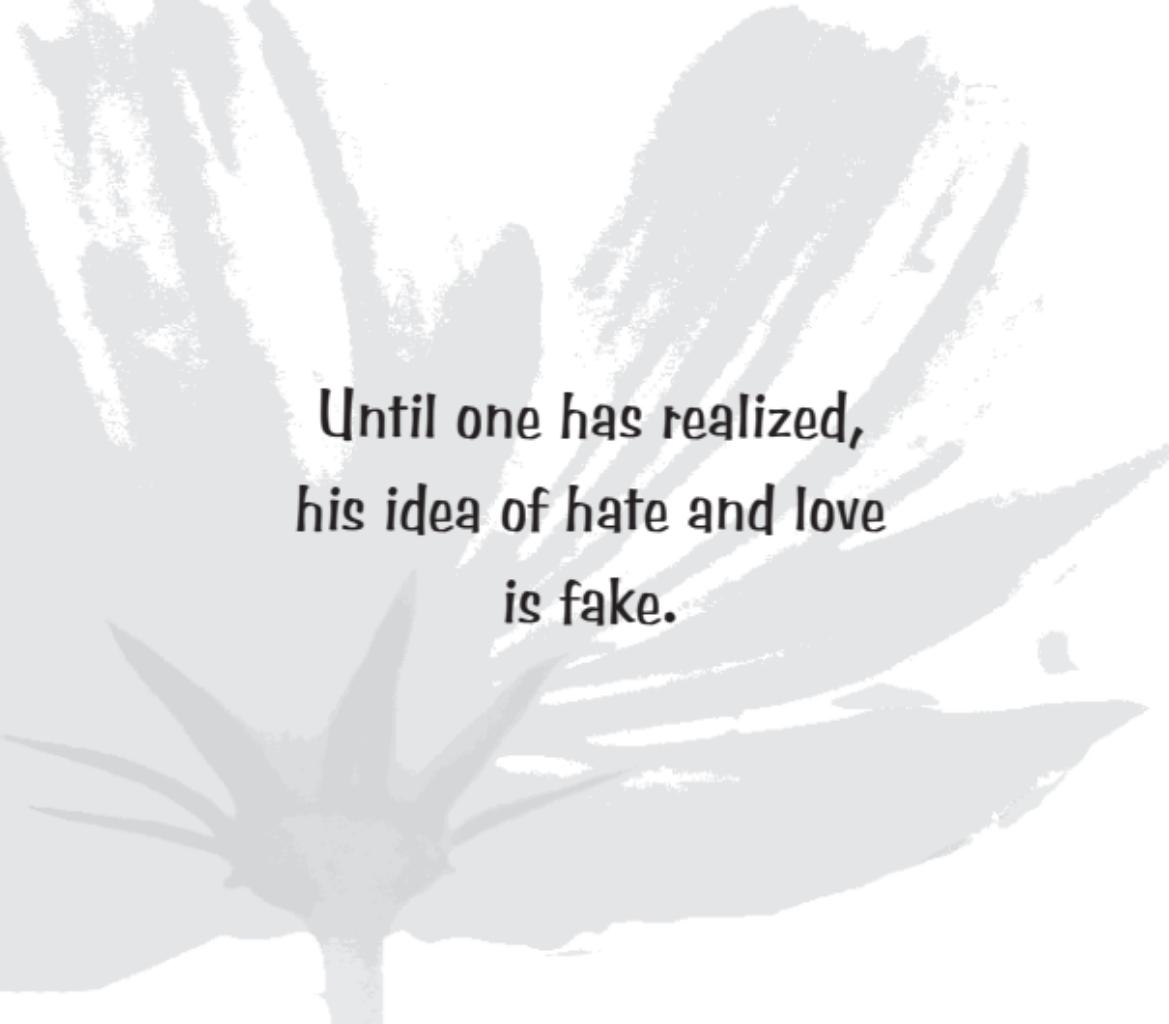


If you can balance or  
reduce the speed of  
your anger,  
anger will become love,  
a beautiful celebration!



I ask one question to you:  
Why do you want to  
remember that particular person  
again and again by  
making excuses and saying,  
"I hate him because..."?





Until one has realized,  
his idea of hate and love  
is fake.



A TAO excerpt:  
An idea cannot be an experience.

Think about it.







Do you want to take a step  
and leap into a new inner space?

ATTEND  
any of our meditation camps.

For any information contact our main  
**Nithyananda Meditation Academies (NMA)**

**USA**

 **Life Bliss Foundation**

928 Huntington Dr, Duarte,  
Los Angeles, CA 91010 USA

Tel.: 1-626-205 3286

email: [laashram@lifebliss.org](mailto:laashram@lifebliss.org)

or visit our web site at [www.lifebliss.org](http://www.lifebliss.org)

# INDIA

 Nithyananda Bhyanapeetam

## Bangalore

Nithyanandapuri, Kallugopahalli  
Off Mysore Road, Bidadi  
Bangalore 562109, Karnataka

Tel.: +91 (0) 80 65591844  
+91 (0) 80 27202084  
Fax: +91 (0) 80 27288207  
email: mail@nithyananda.org

## Hyderabad

Sri Anandeshwari Temple  
Nithyananda Giri  
Pashambanda Sathamrai Village  
Shamshabad Mandal  
Rangareddy District  
Andhra Pradesh 501 218

Tel.: +91 (0) 93470 65288  
email: ap@nithyananda.org

## Salem

36/1, Kamakshiammam Street  
Peramanur  
Salem 636 007

Tel.: +91 (0) 427 3098133

or visit our web site at [www.nithyananda.org](http://www.nithyananda.org)



"Stop Worrying...  
... Start Living"

- Nithyananda

